

12 Steps for Families and Family Support Groups

1. We admit to ourselves that we are powerful and that we can have **control** over our homes when our guard member is away.
2. We know that by coming to have **knowledge** of our own power, we can maximize decision making, gain control and maximize peace and joy within our homes.
3. We make the decision to start now towards the path of Readiness and **educate** our children and other family members as to our role in a National Guard Family.
4. We will seek to gain an **understanding** of the overall mission of the National Guard in order to better support our guard member.
5. We will express to others, and ourselves, our fears of military separation which will allow us to gain **power** over them.
6. We know that by being Ready we can remove the fears that compromise the well-being of ourselves and of our family.
7. We understand that we may not always be able to handle every situation and that it is OK to ask for **assistance**.
8. We know to make a list of things that need to be taken care of and have a **willingness** to work at each one individually.
9. We know that, although we sometimes may think we cannot manage on our own, there are others who are willing to help, guide, train and **support** us.
10. We understand that we may make wrong decisions but will not let them hold us back in **achieving** our mission of READINESS.
11. We seek to improve our state of readiness by sharing our knowledge and working together as a **purple program**. WE will not turn a cheek to a National Guard family that is in need of our support and assistance.
12. We know that through our **volunteer service** to other National Guard families we can carry this message and help them be as Ready as we are.